



## JUNIOR LIFEGUARD NEWSLETTER

Ithaca-Caloundra City Life Saving Club Inc

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ABN 69 400 598 562



Issue 6

January 2006

Welcome back everyone after school holidays. I hope you had a great time.

### Grading / Testing

It is now time that we start our testing and organising for the Skills Presentation Day (Beach Carnival).

Our tester, and club president will be testing on the following dates:-

Mango Hill	Tuesday 21 <sup>st</sup> February
Caloundra	Sunday 26 <sup>th</sup> February

You will need to ensure that you attend one of these sessions with long clothes (pyjamas or track suit are best), and 'closed in' old shoes. These are necessary for the awards.

If for any reason you are unable to attend either of these sessions, please call Lynda on 3886 1682 or 0433 121 862 to arrange another time for testing. Your child will need to be tested in order to receive an award at the Skills Presentation Day.

I have also enclosed an information sheet that was discussed with the children on Sunday. This is in relation to First Aid and Water Safety. Your child will be required to complete a written test (and some of the answers will be on this sheet). They will need to have a good level of understanding of water safety. I encourage you to go through this with your child in preparation for the exam. This will be a written test on the following dates:-

Mango Hill	Tuesday 14 <sup>th</sup> February
Caloundra	Sunday 19 <sup>th</sup> February

As with the practical examination, please let me know if your child cannot attend either of these sessions, so that we can organise an examination.

### Beach Carnival / Skills Presentation Day

**PLEASE NOTE – The date has had to be changed to SUNDAY 12<sup>th</sup> MARCH 2006.**

This day will also be our Annual Award Presentation Day, and Team Photo Day - Please mark you diary now.

At the Skills Presentation Day, the Junior Lifeguards will be competing in friendly competitions against their peers.

### ***WE NEED YOUR HELP!***

We seek your assistance to ensure the day runs smoothly. The day will commence at 10 am. Volunteers are required for the following:-

- Marshals – ensuring the children are in correct groups and ready for competitions.
- Spotters – To ensure the safety of the children in the water.
- Chefs – For the all important BBQ.

We also seek assistance prior to the day in the organisation of events, purchase of supplies, preparation and set up.

If you are able to assist either before or on this day, please contact Lynda or Paul.

A program will be issued closer to the day, with full details. However the tentative program is:-

9.30am	Team Photo
10.00am	March Past
10.30am	Competitions
1.00pm	Awards Ceremony & BBQ

Full uniform must be worn on this day – yellow Junior Lifeguard Shirt and Club Skull Cap. (Additional items can be purchased on the day).

Should you have any questions or concerns, please do not hesitate to contact me.

**Lynda Barry**  
**Junior Lifeguard Administrator**  
**Phone : 0433 121 862**

I have retyped the war cry so that you and your child can learn prior to the beach carnival.

## **Club War Cry!**

WHO ARE, WHO ARE, WHO ARE WE  
WE ARE, WE ARE THE LIFEGUARD CREW

RUN, SWIM, RUN. HAVE SOME FUN

WE PLAY BEACH FLAGS, INS AND OUTS  
EVERYONE CHEERS AND SHOUTS

STAMP YOUR FEET TO THE BEAT

EVERYONE'S IN THE MARCH PAST  
IT DOESN'T MATTER IF YOU'RE LAST

**GO CREW !**